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Your essential daily news | WEDNESDAY, JANUARY 4, 2017

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When the city announced it wouldn't collect Christmas trees this year, two Calgarians saw an opportunity.
ELIZABETH CAMERON/FOR METRO

THE NEW LUMBERJACKS

Tree collectors cash in while helping charities metroNEWS

Dogs maul 4-year-old

ATTACK
Neighbour says large pets have escaped several times

Aaron Chatha
Metro | Calgary

A four-year-old boy is in hospital after being bitten by at least two large dogs on Tuesday afternoon. Emergency services responded to a home in the 0 to 100 block of Castleridge Way N.E. around 3:10 p.m. When they arrived, they found the boy had suffered multiple bites. He was transported to hospital in serious condition.

EMS said his injuries are not considered life-threatening. There were no other reports of injuries at the scene.

Later in the afternoon, Bylaw Services peacefully took the two large dogs out of the home, without muzzles and one at a time. The dogs howled as they were transported away.

Renny Chapman, a neighbour, said he's seen the dogs around before. They've escaped several times, in fact.

"They didn't seem vicious or anything, but I've seen them get away a couple of times," he explained. "I drove by there once in the morning, and the door was open, so nobody knew they got out."

Police said the attack happened in the backyard of a home, but it's unknown what led to the attack or what relationship the boy might have with the dogs.

Chapman believes there are two families living in the home — one upstairs and one in the downstairs suite — but they all seemed like decent people every time he's spoken with them.

He confirmed he's seen a young boy who appears to live in the home.

It's not just where you're going, it's how you get there.

SIENNA

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ENERGY

Tips to save on mileage

Carbon Tax got you down? Fear not. Ron Wilson, manager of driver education with AMA, says there are many steps a vehicle owner can take to reduce gas consumption.

1 Make sure your vehicle is tuned up and running well. Wilson said something as simple as a clogged air filter can reduce a vehicle's efficiency by 10 per cent.

2 Watch your tire pressure
One tire that's down by eight PSI can increase fuel consumption by four per cent (not to mention reduce traction). He recommends checking tire pressure at least once a month.

3 Anticipate your stops and don't 'jackrabbit'
Wilson said keeping an eye out farther down the road will help you apply the brakes sooner, and accelerating from stops more slowly is an easy way to conserve fuel.

4 Leave the luggage at home
Even an extra 50 kilograms can affect your car's gas mileage. Wilson said many people keep ski gear or hockey gear in their car all week, adding unnecessary weight to their vehicle.

5 Plug in your vehicle's block heater
When the temperature dips below -15 C, plugging your block heater in will help the car run more efficiently. But don't idle your car to warm it up.

Wilson said today's cars are designed to start up and drive away.

METRO



While the city says it's even open to the use of drones to inspect the exterior of older buildings, others feel a first-hand look is really required to check for potential faults on older buildings. METRO FILE

Beware bylaw: Experts

PUBLIC SAFETY

Warning of flaws in rule on building inspections



Brodie Thomas
Metro | Calgary

A new bylaw that requires visual inspection of the exterior of older buildings is now in effect, but one group of specialists says the bylaw has at least one shortcoming.

The City of Calgary's Building Maintenance Bylaw came

into effect on New Year's Day. It targets buildings that are 10 years or older, and five storeys or higher.

The law requires a trained professional to perform a visual inspection of the building's exterior every five years, specifically to prevent debris from coming loose and falling on pedestrians below.

But the definition of 'visual inspection' concerns Mike Dietrich, past president and board member of the Alberta Building Envelope Council South. He said the city doesn't give guidelines on how the inspection should be carried out.

"I think there's a concern that what might happen is —

some people may just drive by the building, look through binoculars or whatever, and then they just sign off and be done with it," he said.

He said most engineers would want an up-close inspection.

However Ross McDougall, chief building inspector for the City of Calgary, said the city staff reviewing the reports will note anything that seems out of the ordinary, and follow up when needed.

He said there are only a few hundred buildings that fall under the bylaw, and staff are familiar with them.

"Ultimately — it's the owner's responsibility," he

said. "If they're going to send us something false or inaccurate, that's their risk."

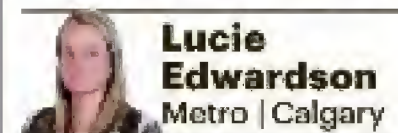
The bylaw was brought forward in response to several incidents in the past decade where debris fell from buildings.

In 2009, a 3-year-old girl was killed when improperly secured sheet metal blew off a building site. Two companies were later fined \$15,000 each plus surcharges for safety violations.

McDougall said the city has increased its job-site inspection in the early spring, just before Stampede and in mid-December to prevent these sorts of incidents on construction sites.

WILDLIFE

Xmas trees wanted



Lucie Edwardson
Metro | Calgary

Although you might find the needles from your live Christmas tree a bit annoying and painful underfoot, for animals it's considered luxurious bedding.

The Alberta Institute for Wildlife Conservation (AIWC) says instead of tossing your tree this year, they're hoping Calgarians will donate the trees to be used as bedding and more for animals at the refuge.

"We want to assimilate the natural environment as best as we can for the animals," said AIWC wildlife rehab tech, Erica Gould.

Gould said some animals like porcupines will climb up the trees and eat the bark, while animals like fawns will learn to graze on the trees, and birds will learn to nest and hide food in the trees.

AIWC will accept the donations on location Jan. 8, and in exchange for people's generosity, AIWC will give free tours of their facility at both 1:30 p.m. and 2:30 p.m.

POLITICS

Wildrose carbon-tax critic stays: Supporters

Alberta's NDP says the Opposition needs to sack one of its critics for refusing to acknowledge the reality of climate change.

Wildrose critic Don MacIntyre, speaking to reporters this week on the new carbon tax, said that the science is not settled on that topic.

NDP caucus member Shaye Anderson says MacIntyre has made similar comments in the past, and says his denials undermine his effectiveness as critic for electricity and renewables. Wildrose whip Jason Nixon says MacIntyre isn't going anywhere.

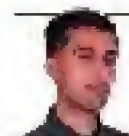
Nixon says if the NDP is looking to sack people, they should look to the government front benchers, including those who brought in the carbon tax in the first place.

The Wildrose has promised to repeal the tax, saying it is hurting Albertans at a time when thousands are losing their jobs due to low oil prices.

THE CANADIAN PRESS

COMPASSION

Animal rescue to add in-house hospital to service



Aaron Chatha
Metro | Calgary

Alberta's rescued animals are going to find care is much easier to get now that the Alberta Animal Rescue Crew Society (AARCS) is building an in-house hospital.

They're doing it in a brand new facility in the Calgary Foot-hills area.

"A lot of the animals that come in have significant medical issues," said AARCS controller Niki Vlooswyk. "They have broken bones, disease. Some of

them need the full meal deal in terms of regular medical things like spay and neuter or vaccinations."

AARCS saves about 3,200 animals every year, and organizers are stretched thin booking new appointments.

"We know we can't keep up with growing demand. With the model we have right now, we're taking up all the space we can track down with vets in the city," Vlooswyk said.

The non-profit found vet bills to be their largest expense, and a dedicated in-house clinic will save them about \$500,000 per year.

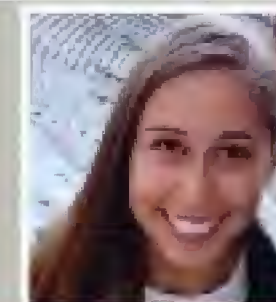
Over the next few months they'll be finalizing permits and renovating the new space, which is about 13,000 square feet. It's a substantial upgrade from their current 5,000 sq. ft. space, which is divided into separate warehouse bays.

It will allow them to take care of more animals in-house, although most of their rescues are still taken care of through a foster program.

The organization has also started a capital campaign to help raise money for renovations and equipment costs. Visit aarcs.ca for more details.



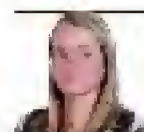
An in-house clinic will help AARCS take on more cases like Panzer, who had surgery on both his front legs. COURTESY AARCS



Communities get a reality check on speeding traffic

NEIGHBOURHOODS

Speed watch helps compare perception with reality



Lucie Edwardson
Metro | Calgary

Concerned about how fast people are driving through your community? There is something you can do about that.

The City of Calgary launched its Community Speed Watch program this fall with the goal of raising awareness and educating Calgarians about slowing down in residential areas — and driving the posted speed limit.

According to the city, volunteers go out with a member of the city's roads department and a Calgary Police Service officer during a time when speed is a noted concern for that area.

The city said having this program available to citizens allows communities to mobilize and get a better understanding of the nature of traffic in their neighbourhood.

"Often times, there is a perception about speeding," said a city spokesperson. "The vehicles may still be driving within the posted speed limit



Using radar guns, volunteers of Community Speed Watch are able to see how fast drivers are really going. WIKIMEDIA COMMONS

but people interpret the speed differently."

They said by letting the community volunteers measure the speed themselves (in the presence of CPS), they will

have a unique opportunity to compare the perception and reality and understand the scale of the issue.

So far the communities of Bowness, Wildwood and Gar-

rison Woods have all participated

Sydney Empson, a member of the Bowness Community Association, said their safety committee was approached

"The intent wasn't to catch and count the number of speeders."

Sydney Empson, Bowness Community Association

with the idea over the summer during a meeting with the city roads department and CPS.

"The intent wasn't to catch and count the number of speeders, but basically to hopefully create an awareness," said Empson, who added they have had a number of concerns raised by elementary schools in the neighbourhood as well as community members.

Empson said their presence was obvious, given the police accompaniment, high-visibility vests, and a sign indicating the exercise was taking place — yet they were still surprised at how few speeders they saw.

"I think in two different locations CPS pulled over maybe three drivers, asking them to slow down, because they were driving in excess of the speed limit," she said.

Empson said she recommends the program to all other Calgary neighbourhoods concerned about speeding, and said given the opportunity Bowness would participate again.

SUNWING PILOT

Charges shock expert

A veteran aviation safety expert says the case of a pilot allegedly passed out drunk in the cockpit shortly before scheduled take-off from Calgary is the worst suspected incident of its type he's heard of.

Calgary police have charged Miroslav Gronych, a 37-year-old Slovakian national, with having care and control of an aircraft while impaired and with a blood alcohol level above .08.

Court documents show Gronych has been released on \$1,000 bail and was ordered to turn in his passport. He is also prohibited from flying a plane in Canada while on bail. He's set to appear in court on Thursday.

The Boeing 737 operated by Sunwing was scheduled to leave Calgary early Saturday with stops in Regina and Winnipeg before continuing on to Cancun, Mexico. Police allege Gronych, the captain, was found slumped over in his seat and then escorted off the plane.

Edward McKeogh, with Canadian Aviation Safety Consultants, said it's the worst alleged incident of its type he's heard of and raise concerns about airport scrutiny.

It's against in the law in Canada for a flight crew to work within eight hours of consuming alcohol, according to Transport Canada.

But McKeogh said most airlines have their own rules that go above and beyond that, with most requiring 12 hours between bottle and throttle.

THE CANADIAN PRESS

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COURT

Search didn't violate Vader's rights: Judge

A judge is questioning the credibility of a man convicted of killing two missing Alberta seniors and dismissed part of a constitutional argument that his rights were violated in custody.

A sentencing hearing continued Tuesday for Travis Vader, who was convicted of manslaughter in the 2010 deaths of Lyle and Marie McCann of St. Albert, Alta. The Crown is seeking a life sentence for Vader. The defence wants four to six years and, because of alleged mistreat-

ment while in custody, suggests it should be reduced to time served.

Vader testified over several days that his rights were violated with an unlawful strip search, he was denied proper access to a lawyer and was assaulted by guards and subjected to other cruel conditions while behind bars. Justice Denny Thomas dismissed part of the application dealing with the strip search and said written reasons would come later.

But the judge pointed out that

Vader claimed he was humiliated as he stood naked for five minutes as people walked by his open cell. A video showed it was actually 30 seconds and no one passed by. The Crown argued the search was appropriate as police needed to seize Vader's clothing and search for weapons.

"Some of these incidents, of course, are just Mr. Vader's version — and there's some credibility issues here," said Thomas.

He also questioned why it took Vader so long to complain about

the strip search.

The McCanns, in their late 70s, vanished after leaving their home northwest of Edmonton on a camping trip to B.C. on July 3, 2010. Their burned-out motorhome and a vehicle they had been towing were discovered several days later. Their bodies have not been found. Vader was arrested and held on other charges as a person of interest in the case, although he wasn't charged with the killings until 2012.

THE CANADIAN PRESS



'Bo' and 'Pierre' created Tree Tossers, and will pick up your Christmas tree for less than \$20. ELIZABETH CAMERON/FOR METRO

Trees for a good cause

WASTE REMOVAL

Duo will toss your holiday tree, give some cash to charity

Elizabeth Cameron
For Metro | Calgary

When the City of Calgary announced they wouldn't be picking up Christmas trees this year, two friends saw an opportunity — and it's possibly the most Canadian initiative you've ever heard of.

Clad in matching flannels and Bear-dos (toques with velcro beards for added warmth, as seen on Dragon's Den) and under the monikers Bo and Pierre, the Tree Tossers will pick up your Christmas tree within 10 days of ordering, for less than \$20.

The fee is split between the tossers, the Calgary Food Bank, and familiar tree fellow Kim DeGagne.

He's the Christmas tree lot operator with multiple myeloma, who sold out of trees after Calgarians stepped up to the plate and helped fund a trip to

Hawaii for him and his wife.

"Even though his trip is covered, we wanted to give him some extra spending cash," said Kevin Coan, the 'Pierre' half of Tree Tossers.

But the goodwill doesn't stop there.

The tossers are planning to donate their trees to the Alberta Institute for Wildlife Conservation, who asked Calgarians for their Christmas trees, which can be used as animal bedding and help with habitat assimilation.

The friends of 12 years have had quite a bit of demand for their service since it launched this week.



My phone hasn't stopped vibrating.

Todd Bradley

"It's been off the hook. My phone hasn't stopped vibrating," said Todd Bradley, also known as Bo.

They estimate a few hundred requests have come in already.

"We saw this as an opportunity to evoke our entrepreneurial spirit and give back at the same time," said Bradley.

"We hope to inspire other people to do some good," Coan added.

The Tree Tossers will pick up your Christmas tree until Jan 14, but even that is flexible.

"We're not at a point where we'll say no to anything," said Bradley.

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TRAGEDY ABROAD

Ontario woman killed in Italy

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area.

Those who knew her said Alvarez had moved to Italy about six months ago with her fiancé, Colin Behenna, a former Ontario Hockey League player who signed a deal to play for the Sterzing Broncos team based in northern Italy.

Many Canadians have died abroad in recent days:

1 **Clinton Munkittrick** of Sherbrooke, Que. died in Thailand after a New Year's Eve party on the island of Koh Phangan, according to Global Affairs Canada. A news outlet said there were high waves during the event.

2 **Alaa Al-Muhandis** of Milton, Ont. was killed in the New Year's attack on an Istanbul nightclub. Media reported that Al-Muhandis was a 29-year-old mother of two.

3 **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight. The Toronto-to-London flight diverted to Shannon, Ireland, after the child suffered a medical problem.

4 **Linda Vatcher**, 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan.

THE CANADIAN PRESS

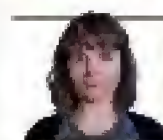


Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

Canada, land of the sweets

BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory



Yvette d'Entremont
Metro | Halifax

A bakery in Halifax, N.S. has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged

to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.

She asked people via social media to send in their favour-

ite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when, Que-

bec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite reci-

TAKE PART

Send submissions to info@theoldapothecary.com.

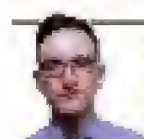
pes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said.

"I'm really excited about learning. I think there will be a lot of that happening for many of us this year."

MAIL

Identity theft on the rise



Kevin Maimann
Metro | Edmonton

Ignore your mailbox at your own peril. Canadians are having their identities stolen at record rates as they leave important envelopes piling up in front of their doors. The Canadian Anti-Fraud Centre (CAFC) is reporting that it received seven times more complaints of mail-forwarding fraud in 2016 than in 2015.

"People aren't paying too much attention to their mail anymore," said Lianne Roy

Beauchamp, with CAFC.

A perpetrator of mail-forwarding fraud will impersonate their victim using stolen information lifted from physical mail or through online and phone scams, and have the victim's future mail re-routed to a different address.

The victim won't realize they have been targeted until they get a slip in the mail from Canada Post saying their address has been changed. The centre received 479 complaints of forwarded or re-routed mail in 2016, compared to 63 complaints in 2015.

ADDICTION

Shining a light on gambling



Wanyee Li
Metro | Vancouver

Gambling addicts' brains light up in the same way drug addicts' brains do when they are shown images of slot machines, according to a new UBC study.

Participants in the study showed increased activity in the brain's reward network, particularly the insula, which is responsible for bodily sensations, including cravings.

"This region responds to any type of reward. It's the same for food reward or financial re-

ward, or if people take a drug," said lead author Eve Limbrick-Oldfield.

She says this finding could help rehab centres measure the effectiveness of treatments.

"The higher they reported their craving when they saw these gambling images, the more insula activity increased," said the UBC psychology researcher.

This concrete connection between gambling images and a reaction in addicts' brains shows how dangerous advertisements can be for those trying to kick the habit, she said.

UPPER BIG TRACADIE

Four dead in rural Nova Scotia home



Philip Croucher
Metro | Halifax

Police in Nova Scotia have made a grisly discovery with the bodies of four people being found inside a home.

The RCMP say they were called to a residence in the rural community of Upper Big Tracadie in Guysborough County around 6 p.m. Tuesday.

"Upon arrival officers locat-

ed four deceased individuals inside a residence. Based on the preliminary investigation, the RCMP want to advise there is no risk to the public," a police statement read at 9:40 p.m.

In an interview later, RCMP spokeswoman Cpl. Jennifer Clarke said it's a "developing" and "complex situation" and that more details would be released when they became available.

She said she didn't know the age or gender of the victims.

Nearly 7,000 Iraqis killed

MIDDLE EAST

2016 figures 'have to be considered a minimum:' UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were killed and another 1,066 were wounded. The worst affected area was the northern province of Ninevah, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week.

The deadliest Daesh attack was in July when a massive suicide

bombing in a bustling market area in central Baghdad killed almost 300 people, the bloodiest single attack in the capital in 13 years of war.

"This is, no doubt, an attempt by Daesh to divert attention from their losses in Mosul and, unfortunately, it is the innocent civilians who are paying the price," Jan Kubis, the special representative of the UN Secretary-General for Iraq, said in the statement.

The group was also behind Monday's suicide bombing in a commercial area in eastern Baghdad, which killed 41 people and wounded 64 others. Several other attacks, including one carried out by five suicide bombers against two police stations in the city of Samarra, north of Baghdad, killed at least 27 people and wounded 89.

Backed by the U.S.-led international coalition, Iraqi government troops and paramilitary forces launched the campaign in mid-October to dislodge Daesh from Mosul — the last major Daesh urban bastion in the country.

THE ASSOCIATED PRESS



A displaced Iraqi from Mosul's eastern neighbourhoods arrives with his daughter to the Al-Quds neighbourhood.

AFP/GETTY IMAGES



ALL PHOTOS CONTRIBUTED

RESCUE

Toddler saves twin brother

A two-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

- 1 Two-year-old toddler twins play around by a dresser.
- 2 The dresser suddenly falls on one of the twins.
- 3 The other twin bravely manages to manoeuvre the dresser off his brother.

THE ASSOCIATED PRESS

MORE ON THE METRO APP

COLOMBIA

UN envoys blasted for party with rebels

United Nations observers are in hot water in Colombia over a video showing them dancing with leftist rebels while deployed to watch over the guerrillas as part of a peace deal.

The short video was shot by Spanish news agency EFE from inside a jungle camp in northern Colombia during a New Year's Eve party. It shows two men wearing blue vests with UN insignia dancing hip-to-hip with female guerrillas.

The images, dismissed by some as a folkish display of Co-

lombians' love for revelry in even the most adverse circumstances, drew sharp rebuke from opponents of the peace deal between the government and the Revolutionary Armed Forces of Colombia.

"What a joke," conservative lawmaker Maria Fernanda Cabal blasted out on Twitter. "How can we trust in the UN delegates' impartiality when they go partying

with the FARC?"

The UN mission in a statement late Monday said it would take appropriate measures.

"This behaviour ... doesn't reflect the values of professionalism and impartiality of the mission," it said without identifying the officials by name.

In New York, UN spokesman Stephane Dujarric said Tuesday.

"They're not happy with what they've seen and corrective action has been taken." He did not elaborate.

As part of a peace deal ratified last month hundreds of UN-sponsored observers, mostly from Latin America, are being deployed across the country to 20-plus camps where guerrillas will soon turn over their weapons.

The UN mission is charged with receiving the weapons and providing periodic reports on the two sides' adherence to the peace deal. THE ASSOCIATED PRESS

U.S. CONGRESS

GOP drops plans to gut ethics board after Trump tweet

The new GOP era in Washington got off to a messy start Tuesday as House Republicans, under pressure from President-elect Donald Trump, abruptly dropped plans to gut an independent congressional ethics board.

The dizzying about-face came as lawmakers convened for the first day of the 115th Congress, an occasion normally reserved for pomp and ceremony under the Capitol Dome. Instead, House Republicans found themselves under attack not only from Democrats but from their new president, over their secretive move Monday to neuter the in-



I do believe when President-elect Trump tweeted out ... members got calls. Rep. Lou Barletta

dependent Office of Congressional Ethics and place it under lawmakers' control.

GOP leaders scrambled to contain the damage, and within hours of Trump registering his criticism on Twitter, they called an emergency meeting where House Republicans voted without opposition to undo the change.

The episode, coming even

before the new Congress was convened and lawmakers were sworn in, was a powerful illustration of the sway Trump may hold over his party in a Washington that will be fully under Republican control for the first time in a decade.

GOP lawmakers who've felt unfairly targeted by the ethics office had defied their own leaders with their initial vote to neu-

ter the body, but once Trump weighed in they backpedaled immediately.

"With all that Congress has to work on, do they really have to make the weakening of the Independent Ethics Watchdog, as unfair as it may be, their No. 1 act and priority?" Trump had asked over Twitter on Tuesday morning, in an objection that appeared focused more on timing than on substance.

Trump said the focus should be on tax reform and health care, and he included the hash-tag #DTS, for "Drain the Swamp," his oft-repeated campaign promise

to bring change to Washington.

Democrats and even many Republicans were quick to point out that the lawmakers' plans for their ethics watchdog flew in the face of that notion. The measure was part of a GOP-written rules package that faced a vote in the full House late Tuesday and looked like it could fail after Trump registered his objections amid a public outcry.

House Majority Leader Kevin McCarthy mentioned Trump's opposition in the emergency meeting, and some lawmakers said it had a powerful effect.

THE ASSOCIATED PRESS

BRAZIL

Inmates involved in prison massacre to be transferred

Brazilian authorities said Tuesday inmates responsible for the recent killings of 60 rivals at two prisons in the Amazon region will be transferred to high-security federal institutions. Amazonas state public security secretary Sergio Fontes said the transfers will begin as soon as investigations into the incidents are finished.

The incident was the most deadly in a Brazilian prison since 1992.

THE ASSOCIATED PRESS

A year's pay by yesterday

EXECUTIVE COMPENSATION

Top CEOs have made average worker's 2017 pay already

Before lunchtime Tuesday, Canada's highest-paid CEOs were projected to earn as much as the average working person does all year, says a report released by a think tank that tracks executive compensation.

The Canadian Centre for Policy Alternatives estimates this year's elite group of chief executive officers will earn the average, full-time Canadian wage by 11:47 a.m. on Jan. 3, the first working day for many Canadians. Last year, it would have taken until 12:18 p.m., the report said.

Hugh Mackenzie, a Toronto-based economist who wrote the report, said the clock analogy is a powerful way to illustrate a widening gap between what top executives get paid and what average Canadian workers earn.

"That serves as a very potent symbol, I think, of the growth of income inequality," Mackenzie said.

Mackenzie, who is also a research associate with the Canadian Centre for Policy Alternatives, said one problem with huge CEO paydays is that they are often based on stock grants and stock options that may encourage short-term thinking.

He said the trend toward higher executive compensation has been fairly consistent in recent years regardless of economic cycles and shareholder attempts to get more say on what companies pay their CEOs.

THE CANADIAN PRESS



That serves as a very potent symbol, I think, of the growth of income inequality.

Hugh Mackenzie

TECHNOLOGY

Future of stores looks like science fiction

Tomorrow's retail stores want to take a page from their online rivals by embracing advanced technology — everything from helpful robots to interactive mirrors to shelves embedded with sensors.

The goal: Use these real-world store features to lure shoppers back from the Internet, and maybe even nudge them to spend more in the process.

Amazon's new experimental grocery store in Seattle, opening in early 2017, will let shoppers buy goods without needing to stop at a checkout line. Sensors track items as shoppers put them into baskets or return them to the shelf. The shopper's Amazon account gets automatically charged.

"Amazon, for good or bad, has been setting the path," said Robert Hetu, research director at Gartner Research. "Each retailer is going to have to respond in some way. But it's not one-size-fits-all."

Kroger, Neiman Marcus and Lowe's are among the companies already experimenting with futuristic retail stores. Robots, for instance, could help guide shoppers to the right aisle, while augmented



SoftBank Robotics' humanoid robot Pepper can greet shoppers and has the potential to send messages geared to people's age and gender through facial recognition.

SOFTBANK ROBOTICS AMERICA VIA THE ASSOCIATED PRESS

reality apps could help you see how a particular shade of paint will look in the living room — or how you might look in a pair of jeans. Many of these technologies will be unveiled or demonstrated at the CES gadget show in Las

Vegas, which begins Tuesday with media previews.

Plenty of retailers have learned through trial — and error — that technology can't get too far ahead of shoppers. It has to be easy to use and beneficial to shoppers in some

way, whether it's to save time or money. If retailers get it right, they might succeed in boosting spending at retail stores at a time when consumers increasingly prefer to shop online.

THE ASSOCIATED PRESS

CROWDFUNDING

Parka fits dogs without hassle

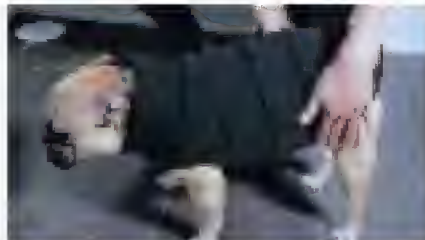
A Toronto entrepreneur has created what he calls "the best and only dog parka you'll ever have to buy."

Jeremy Potvin's World of Angus company is crowdfunding what they are calling the "5-Second Dog Parka".

Filled with goose down, the

jacket is water and snow resistant and purports to come in a size that fits any dog, big or small. The pet textile is made to easily slip over your best friend's head and is secured with Velcro, and it's designed and made in Canada.

DOLIN MCNEIL/METRO



The 5-Second Dog Parka in action. CONTRIBUTED



NOTICE OF DELEGATE SELECTION MEETING FOR PCAA LEADERSHIP

CALGARY FISH-CREEK

Date: Thursday January 26, 2017

Time: 7 p.m.

Location: Lake Bonavista Community Hall
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If you are interested becoming a delegate for the upcoming leadership in Calgary, Alberta on March 17-19, 2017 please send notice of interest to the Deputy Returning Officer, Robert Sallows, at R.sallows1987@gmail.com by January 19th, 2017 at 11:59am.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?

Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick

Group email rituals sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude.



"my pleasure!" would not go amiss.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of handwritten cards sent by post, and even, on occasion, a flower delivery.

Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude, witty

retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the

thousands. The documentary Migrant Dreams by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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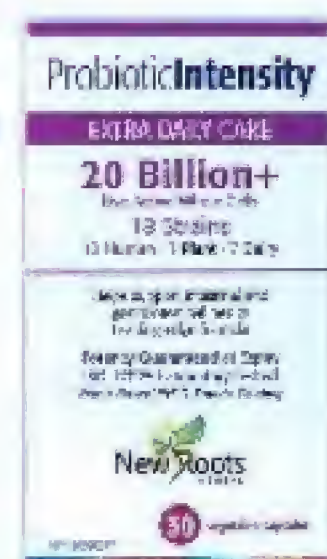
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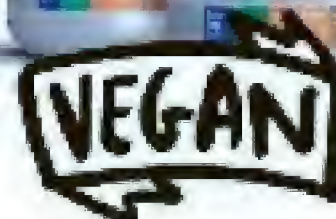


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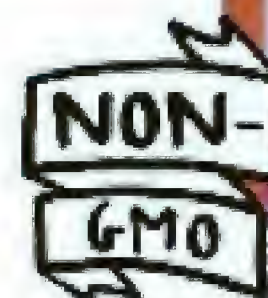


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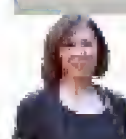


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JOHANNA SCHNELLER WHAT I'M WATCHING

'He's like a block of wood that's been taught to bark'



It's out with the old and in with the new in the boardroom but Arnold Schwarzenegger's German quips are about the only welcome addition to *The New Celebrity Apprentice*. HANDOUT

THE SHOW: *The New Celebrity Apprentice, Season 1, Episode 1 (NBC)*

THE MOMENT: Here's Schwarzenegger!

In the boardroom, two teams, including Porsha Williams (a *Real Housewife of Atlanta* whose many IMDb credits are all as "Herself") and comedian Jon Lovitz, face down their "boss," actor and former California governor Arnold Schwarzenegger.

"Jon, we know each other a long time," Arnold says. "But in here you call me Governor." Lovitz provides the appropriate "Boing!" reaction shot.

Porsha natters on about why her team lost. Arnold leans over to his "business adviser," his Munich-born nephew, Patrick Schwarzenegger, and growls, "She never stops talking" — in German.

At episode's end, he puffs on a cigar, indoors, breaking California law.

This is the "new" apprentice, and a few things are new. The host. The location, Los Angeles instead of New York. The catch phrase, "You're ter-

minated," instead of "You're fired." (Arnold then threw in an "Hasta la vista, baby," for added fun.)

Not new, however: the scraping of the bottom of the barrel for "celebrities" (half the cast come from other reality shows); the nepotism (Arnold's wholly-unknown nephew replaces Donald Trump's kids); the stilted boardroom "altercations."

You'd hardly call Arnold expressive in his acting career,

and he's even less so here. He's like a block of wood that's been taught to bark. I do hope he makes those asides in German a regular thing, though; that was a real Dr. Evil moment.

Also not new: Though NBC fired Trump for his previous moral failings, he remains executive producer — one of the many conflicts of interests he's blithely unconcerned about fixing before he commandeers his new boardroom in Washington, D.C.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

“
Not new: the scraping of the bottom of the barrel for “celebrities” (half the cast come from other reality shows).

TELEVISION

Kelly leaves Fox News to join NBC

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show, a weekend newsmagazine and contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. It was initially unclear when she would leave the Fox airwaves and appear on NBC.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Kelly became one of Fox's hottest properties and a flashpoint in the presidential campaign after Trump objected to her questioning in the first Republican presidential debate a year and a half ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of



Megyn Kelly will host a talk show as part of her new role on NBC News. GETTY IMAGES FILE

inappropriate conduct by Ailes that supported women who had made similar accusations.

Details about Kelly's new jobs at NBC will be revealed in upcoming months, said Andrew Lack, chairman of the NBC Universal News Group.

"Megyn is an exceptional journalist and news anchor, who has had an extraordinary career" Lack said. "She's demonstrated tremendous skill and poise, and we're lucky to have her."

A former lawyer who was raised in upstate New York, Kelly turned to television and got a job in Fox's Washington office. She was noticed by Ailes, and given a daytime show. Her poise and sharpness, and willingness to ask tough questions of all political sides, made her a star and led Ailes to give her a coveted prime-time slot on cable news' most-watched network.

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Food that makes you *happy*

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu

cut into small cubes

- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.

2. Transfer to serving bowl and serve immediately.

Sunshine Chopped Salad
Makes one serving

BALANCED DIET
Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

If you've overloaded on the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

This take on the classic cob adds chunks of oranges and subs in a lighter-tasting grilled chicken for bacon.

Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

Directions:

1. In an oiled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.

2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with

olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

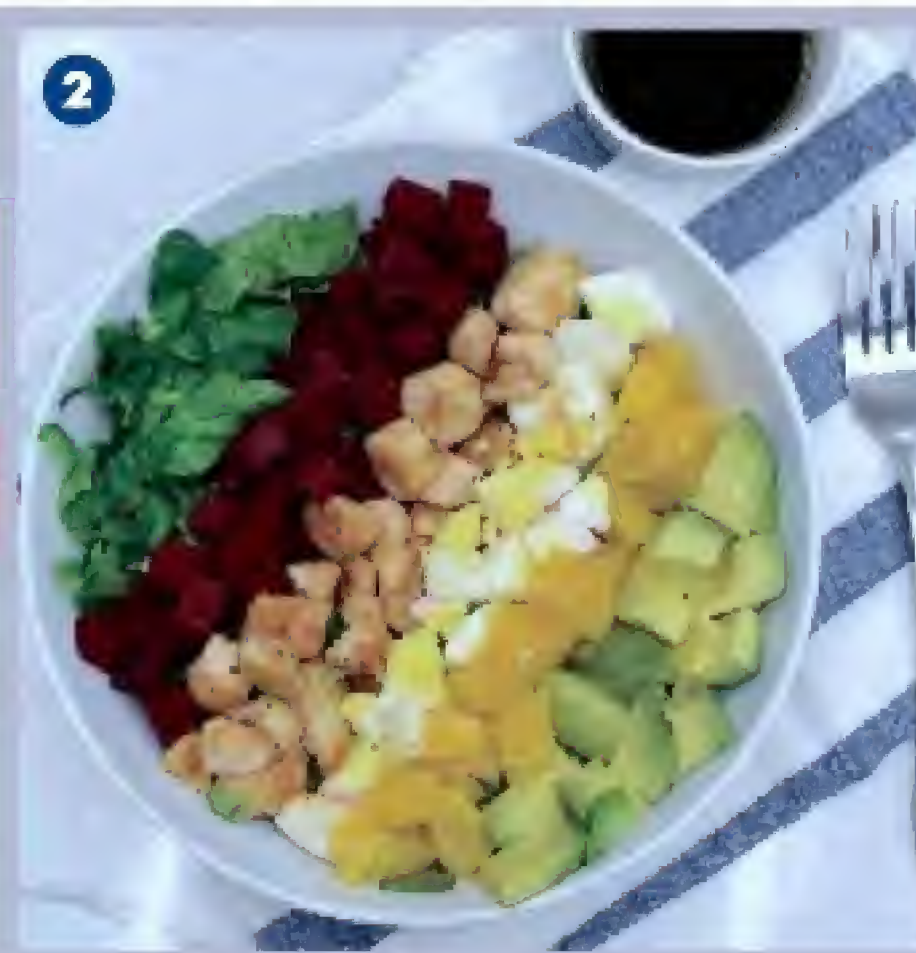
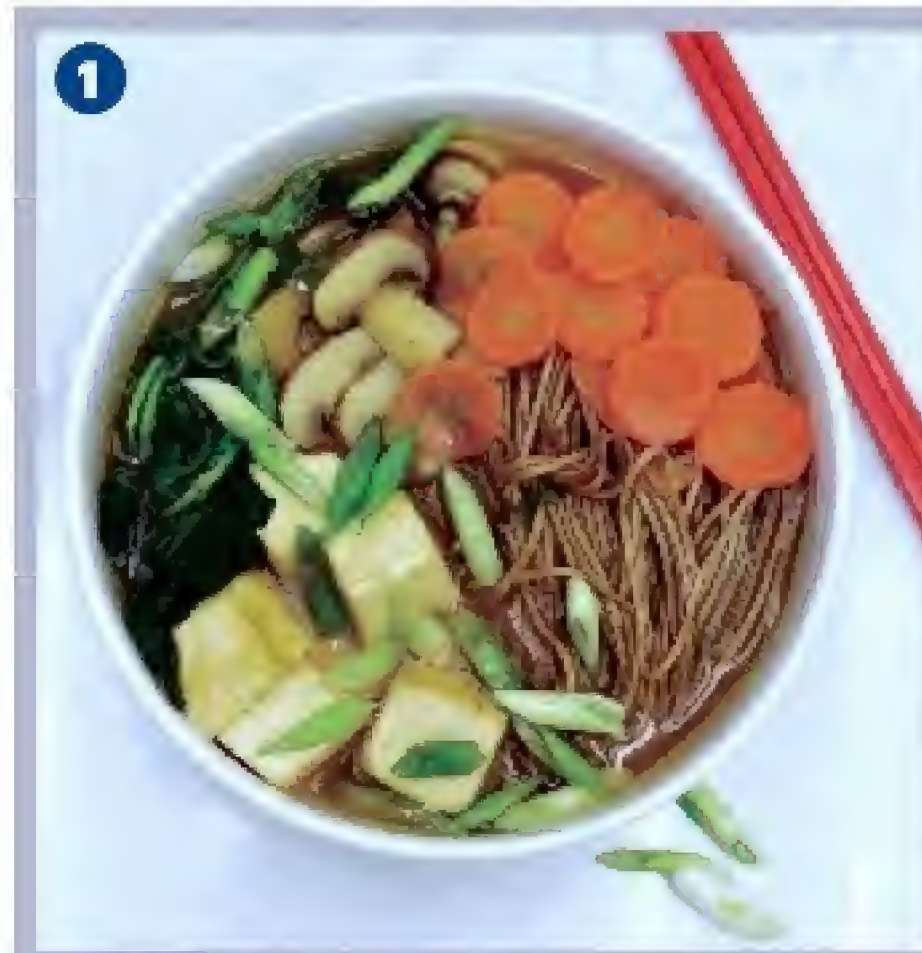
- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.

2. Serve immediately.

TORSTAR NEWS SERVICE

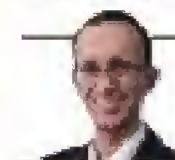


The best vehicle that FCA builds



REVIEW

Yeah, you read that headline right — this minivan rules



Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me." I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is

not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness.

While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6. As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation.

A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at \$45,740



LOVE IT

- Comfortable accommodations
- High-quality interior
- Powerful drivetrain
- Fuel efficiency
- Smooth ride
- Versatility

LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

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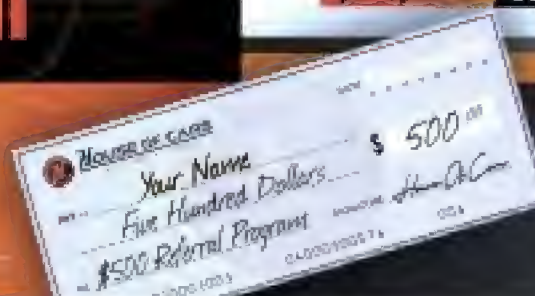
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Obama's (motorcade) seat still available

TECHNOLOGY

Ford to debut driverless car

Ford is charging ahead in its goal to make a driverless car and will debut an updated version of its Fusion Hybrid development vehicle next month. Ford says the technology is getting closer to production levels and will debut next-generation updates for its driverless car at the Consumer Electronics Show in Las Vegas and at the North American International Auto Show in Detroit in early January.

JODI LAI/AUTOGUIDE.COM



COLLECTORS

\$1M Hot Wheels collection — crazy or crazy cool?

Bruce Pascal is an American diecast diehard whose toy collection exceeds \$1-million U.S. Recently profiled on Barcroft, Pascal admitted he has well over 3,000 Hot Wheels and that he is hoping to raise the profile of the collectibles, likening them to fine art rather than mere toys. Pascal says he'd like to one day open a museum dedicated to Hot Wheels.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

RANDOM

Pair of Obama's chairs can be yours

In what might be the most random slightly automotive-related thing to ever pop up in our inboxes, a pair of chairs from U.S. President Barack Obama's campaign motorcade are up for auction. The two chairs were personally used by the President during the 2008 presidential campaign and are expected to be sold for upwards of \$6,000. The two chairs are embroidered with Obama's campaign logo, are pillow cushioned, and set on circular wooden swivel bases. "Obama's world essentially revolved around these two chairs," says a letter from Premiere Transportation, the company that rented the motorcade vehicles to the Obama Campaign. The letter goes on to say that President Obama conducted major campaign business from these chairs, and even took naps in them from time to time. JODI LAI/AUTOGUIDE.COM

FORD

First functional GT prototype up for auction

The very first brand new Ford GTs have just been delivered, but nostalgia for its predecessor is still strong, making this auction car a very special one. The very first functional Ford GT prototype that was built in 2003 and was inspired by the legendary Ferrari-crushing GT40s that won Le Mans in the late 1960s is up for auction by Russo and Steele in Scottsdale. The car, nicknamed CP-1 for Confirmation Prototype 1, is the very first Ford GT prototype to be fully functional, meaning it was the first one with a working engine, drivetrain, and full interior.

JODI LAI/AUTOGUIDE.COM



Flames saving strength with eye on playoff run

NHL

Gulutzan wary of fatigue setting in on his players

Glen Gulutzan has established in his first season as head coach of the Calgary Flames that he's not afraid of an empty ice surface.

With 13 games in 23 days before the NHL's all-star break, including a trio of two games in two days, not practising is going to sometimes be the smarter option in January, Gulutzan says.

"We're going to really watch our days off meaning we're going to take some and make sure game days are specifically what they are. They're work days," he said Tuesday.

"We're going to try to manage our energy throughout this time."

The Flames are at home to the Colorado Avalanche on Wednesday before their first back-to-back of the month Saturday and Sunday versus the Vancouver Canucks.

Gulutzan kept the Flames off the ice four days over an eight-day span in December, including two consecutive days without a skate.

Calgary was digging itself out of an early season hole and climbing up the standings at



Flames captain Mark Giordano is all for managing rest wisely. DEREK LEUNG/GETTY IMAGES

the time, but Gulutzan felt his team's execution was fraying due to fatigue.

The coach wanted some rest in the bank to draw on later.

"Rest is like anything else. It's like practising your power play," he said. "Maybe the results don't come right away, but you get them later on."

The Flames near the halfway mark of their 2016-17 season in playoff contention and are gearing up for the grind of January and February.

475

The Flames are the most penalized team in the NHL with 475 penalty minutes, but their penalty kill is running at 87 per cent since mid-November.

"Games 40 through 65 are the toughest," Gulutzan said. "January, February and even into

a little bit of March, these are the two toughest months in the league for me, and I think for our guys. Games get real tight. "This is where we have to be good."

Gulutzan's barometer for team fatigue is captain Mark Giordano, perennially the fittest player in training camp testing and a defenceman who logs almost 25 minutes per game.

Giordano said Gulutzan has "opened my eyes" to the importance of recovery.

ARCHRIVALS

The Edmonton Oilers (19-12-1) sit third in the Pacific Division above Calgary (20-17-2) in fourth.

The provincial rivals square off Jan. 14 in Edmonton and Jan. 21 in Calgary.

"We both have to find a way to get into playoffs and hopefully find a way to play each other," Giordano said. "That's what will take the rivalry to the next level."

Calgary's captain also pointed to the league-leading Columbus Blue Jackets, who dropped game-day skates this season.

"All of us take pride in keeping ourselves in top shape, but I think as the years have gone on, what we've learned more about is how important rest is," Giordano said.

"It used to be, the harder you worked, the better right? Now it's more about working smart and managing yourself and your rest."

"This stretch coming up here, it's really important to pile up the points. You don't want to be chasing in the last 20 games trying to catch teams."

THE CANADIAN PRESS

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them."

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS



Dominique Ducharme
THE CANADIAN PRESS

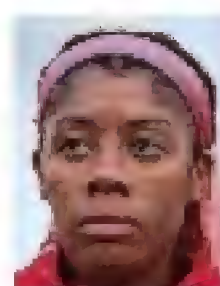
SOCCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

"Ashley is one of the most promising young players in the world under 22 years of



Ashley Lawrence
GETTY IMAGES

and show her Parisian fans."

THE CANADIAN PRESS

age at her position," Olivier Letang, PSG's sports director, said in a statement. "It's very satisfying to see her sign for us looking to continue her development talents to the

IN BRIEF

Blue Jackets within one win of streak record
Carm Atkinson and William Karlsson scored power-play goals and the Columbus Blue Jackets beat the Edmonton Oilers 3-1 on Tuesday night to extend their winning streak to 16 games — one away from the longest ever in the NHL.

Nick Foligno also scored for the Blue Jackets, who can tie the 1992-93 Pittsburgh Penguins with a victory Thursday night at Washington.

THE ASSOCIATED PRESS

CFL

Stampeders sign Jorden and Smith

The Calgary Stampeders have signed international receiver Kamar Jorden and national defensive lineman Quinn Smith.

Smith played 10 games in 2016 including four starts at defensive tackle, recording 10 tackles, three sacks and two knockdowns. He missed three games due to a drug suspension after testing positive for the anabolic steroid Methandienone.

Jorden posted career highs in 2016 with nine games played, 42 catches, 580 yards and three



Receiver Kamar Jorden
TORSTAR NEWS SERVICE

touchdowns. The 27-year-old Darby, Pa., product had a pair of 100-yard games for the Stampeders in 2016. THE CANADIAN PRESS



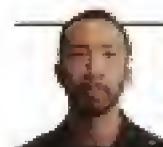
To be here now is satisfying, but it's not what we want. The gold medal is what we want.

Team Canada forward Mathew Barzal

Thompson eyes Crystal Globe

SKI CROSS

Big Air Mar says she's been training hard for World Cup



Vincent Man
Metro | Toronto

What does one of the world's top skiers ask Santa for at Christmastime?

More success, naturally.

After winning the World Cup Cross Alps Tour by finishing first in three of six ski cross races last month, Marielle Thompson still has her sights set on the Crystal Globe as the season's overall champion.

Alas, she'll have to wait for the end of the ski cross calendar.

"The season's not over," Thompson told Metro in a telephone interview over the holidays from her hometown of Whistler. "My main goal this year was to win the World Cup overall, so that's still No. 1 on my radar. The Alps Tour was just confirmation that I'm on the right path."

"Winning the Crystal

Marielle Thompson with the Crystal Globe in March 2014.

GETTY IMAGES

Globe is still No. 1 on my list, so I have to keep skiing well and getting the results to stay on top."

With the goal of securing her third overall season title, the 24-year-old known as "Big Air Mar" is continually working on improving her skill set. And much of that process for Thompson happens off the hill.

A proponent of watching videos of ski cross races, she looks for any technical tactic she can implement to get her to the finish line quicker.

"To be good at ski cross you have to be a big student of the game," Thompson said. "I definitely admire many of my male teammates because they're such great athletes. I watch them in their training runs and then on video and I'm able to learn from watching."

"For us, our coaches are obviously filming the top athletes and our Canadian athletes so we really do watch a lot after skiing and seeing what other people are doing and what we can improve upon. I definitely think it's very important. Everything that happens off the hill is almost as important as on it."

To that end, Thompson has also dedicated herself in the gym, even "on those days when it's a grind." Since debuting on the World Cup scene in 2010, she says she has grown considerably stronger and has that to



Marielle Thompson skis to first place in the FIS World Cup ski cross on Dec. 13, in Arosa, Switzerland. LAURENT SALINO/AGENCE ZOOM/GETTY IMAGES

thank for her fast starts.

Thompson is known to be quick out of the starting gates and, from the lead position, able to fend off challengers.

"In the beginning I wasn't too quick out of the gate, I didn't have the strength to pull

my body out quickly," she said.

"With our conditioning coach here in Whistler, we've really built up (my strength) these past few seasons. We have fitness testing every spring and in the fall and I keep improving so I can only

get better."

The ski cross circuit resumes in Watles, Italy, where a pair of races will take place on Jan. 14 and 15. One of Thompson's four victories during the 2015-16 season came at Watles.

Big Air Mar won her Crystal Globes in 2012 and 2014 — a year in which she also won the gold medal at the Olympics in Sochi, Russia. She was in contention for another season title last year, but fell a spot short.



To be good at ski cross you have to be a big student of the game.

Marielle Thompson

+ SKI FOR LESS

Celebrating National Ski Day with lift ticket sales

National Ski Day takes place on Jan. 14 in support of Canadian ski teams. A total of 17 resorts will participate with special promotions and discounted lift tickets.

"I think it's great to get the skiing community together across the country just to bring awareness to how fun it is because some people never get the opportunity," said Thompson, who had the chance to ski with her father over the holiday break.

"At the reduced rates that so many resorts are offering, it's a great opportunity for people who might not necessarily be able to afford it every day of the year."

Go to alpinecanada.org/nationalskiday for more information.

"I don't like being second," Thompson said. "Having been on top, I want to be there again and stay there. I know I can. I've been skiing well this year and I think I can carry that momentum into the rest of the season. It would just be the cherry on top of the cake."

If she does keep up her pace, she'll get more than dessert — she be celebrating Christmas again in March.

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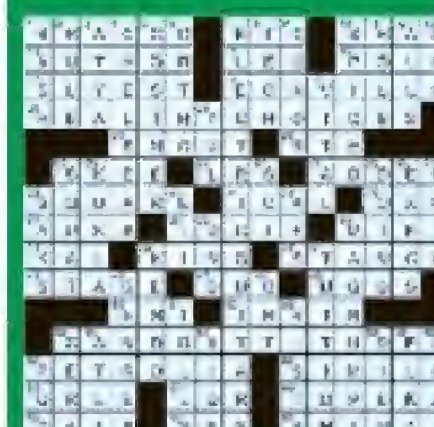
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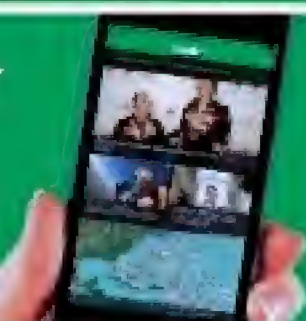


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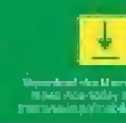
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Winter White Chili



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes

Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from pan and place on a plate. Set aside.

3. Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.

4. Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

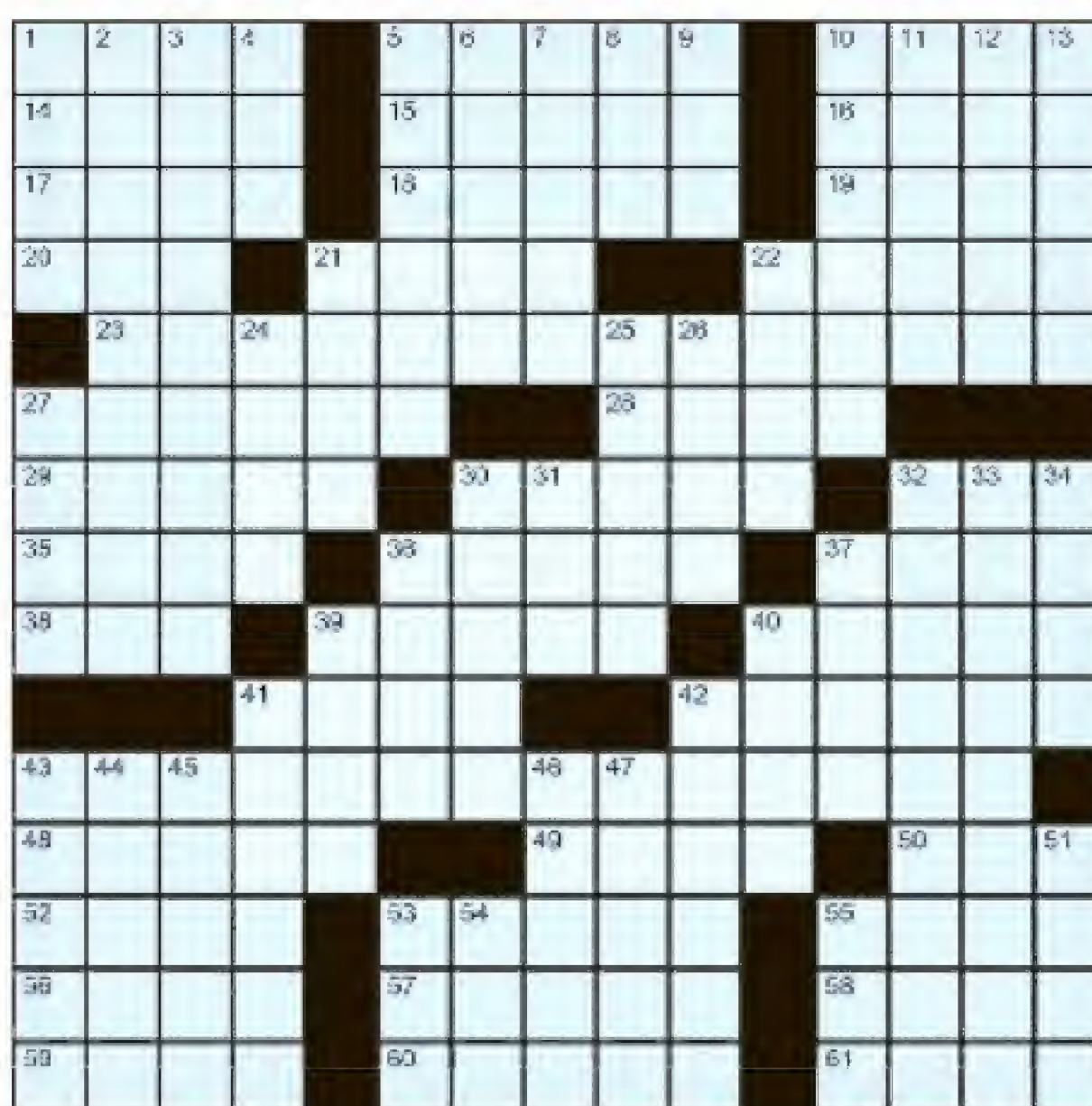
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BY KELLY ANN BUCHANAN

ACROSS

1. Twain-of-tunes' trophies, tiny-ly
5. Arlene and Roald
10. Web letter category
14. Nectar-y necklaces
15. The _ (Diner's daily order)
16. Yarn
17. French 101 verb
18. _ journalism (Reporting style popularized by Hunter S. Thompson)
19. Up to the task
20. URL's helpful area
21. Capital of Greenland
22. "Sky _" by Eric Burdon & The Animals
23. Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake; 2 wds.
27. Sheep's coat characteristic
28. Stevie Wonder's " _ Made to Love Her"
29. High; Latin
30. Danny _ (Season 8 "American Idol" top three finalist in 2009)
32. Belonging to Winnipeg's prov.
35. Contends
36. Jimmies
37. #50-Across' casual opposite
38. "Layla" singer's initials-sharers
39. Drills and crowbars
40. _ Rica
41. Phonetic alphabet's last letter
42. Melting snow's state



43. Shots taken at the commencement of fitness overhauls; 2 wds.
48. Food-preparer's wear
49. Concrete hunk
50. "Uh-huh."
52. Sonic sound
53. Prefix with 'con-

- tinental'
55. 'Snow house' in Inuktitut
56. Edge tool
57. Grinding tooth
58. Becomes
59. Visionary
60. Magical being in a John Keats 'Song'
61. Industrial city

in Russia

DOWN

1. Music staff symbol
2. BMR = Basal _ Rate (Resting body's calories-burning expenditure)
3. Speaker's fin-

- gers-created marks indicating irony or sarcasm; 2 wds.
4. Opposite NNW
5. Sudbury-born hockey great Ron
6. Nary _ (Nobody)
7. Elvis: "A Big _ ' Love"
8. _ -Boy (Reclin-

- ers brand)
9. _-mo replay
10. Tiered steps
11. Mr. Picasso
12. Grant
13. Track events
21. Belonging to the Dallas Cowboys org.
22. Hope the heavens will hear
24. Wintertime wellness woes
25. Brand name running shoes
26. Venerations
27. Surfer's need
30. Band
31. Vinegar's salad pal
32. Courier
33. They create a spa-like experience; 2 wds.
34. Single-horse carriage
36. South _
37. Elton: " _ Song"
39. Swivel
40. Health _
41. 45-plus-people Canadian magazine
42. 1889 Vincent van Gogh painting, The _ Night
43. Rum cakes
44. Lyricpoem
45. Did this in the sub-zero weather
46. Basketry fibre
47. Well-defined
51. Shed the corn's shell
53. Global currency org.
54. Q. "Does 'B' come first?" A. " _ ' does."
55. OneRepublic's "Wherever _"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

Taurus April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

Gemini May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

Cancer June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

Leo July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

Virgo Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

Libra Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

Scorpio Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

Sagittarius Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

Capricorn Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

Aquarius Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

Pisces Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

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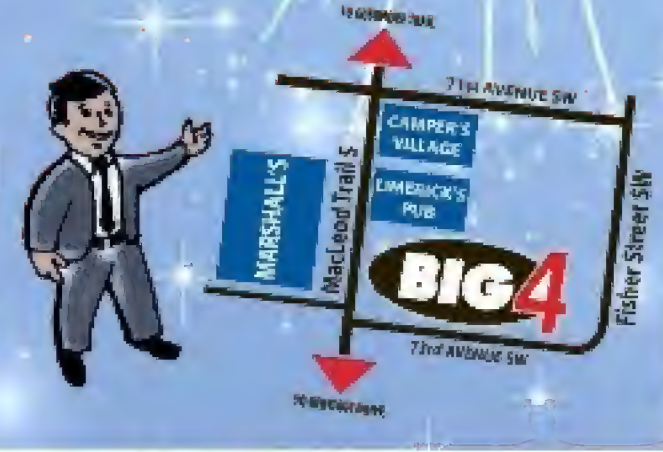


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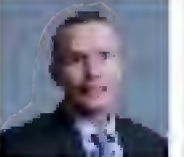
ROB COLEMAN
DEALER PRINCIPAL
21 YEARS



DARCY SCHINNOUR
SALES MANAGER
20 YEARS



MARTIN VENNERI
SALES MANAGER
10 YEARS



SCOTT CLAY
6 YEARS



JOHAN DEDEUGD
11 YEARS



HAN KIM
25 YEARS



JOE CHIARIZIO
49 YEARS



AARON SNOWIE
9 YEARS



MICHAEL CYBULSKI
11 YEARS



PHIL LAWRENCE
23 YEARS



JOHN QUINLAN
14 YEARS



BILLY MANSOUR
3 YEARS



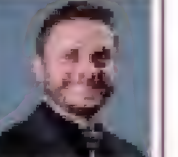
SCOTT SCHINNOUR
6 YEARS



TODD CLAYTON
8 YEARS



JIM NARFASON
FLEET MANAGER
23 YEARS



CAILEAN WOOD
SALES MANAGER
10 YEARS



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